

PEANUT BUTTER

AMOUNT: Number of jars listed on WIC check

SIZE: Jars up to 18 ounces (oz)

BRAND: Any brand



Do NOT Buy

- Added flavoring, honey, or jelly
- Squeeze tubes
- Reduced-fat
- Spreads
- Organic
- Other nut butters (including almond or cashew butter)

OK To Buy

- Crunchy, extra crunchy, creamy, or smooth
- Whipped
- All natural
- Regular, low-salt, or reduced salt
- Honey roasted
- Regular, low-sugar, or reduced sugar

CANNED FISH

AMOUNT: Number of ounces (oz) listed on WIC check

SIZE: Any size; any combination of canned tuna, salmon, and/or sardines up to the amount listed

BRAND: Any brand

✓ Chunk Light Tuna, Pink Salmon, Sardines

OK To Buy

- Packed in water or oil
- Added flavoring (including hot sauce, mustard, or tomato sauce)



Do NOT Buy

- Packed in pouches
- Albacore, Chunk White, or Solid White tuna
- Blueback, Sockeye, Red King, or Coho salmon
- Organic

BABY FOOD-FRUITS AND VEGETABLES

AMOUNT: Number of jars listed on WIC check

SIZE: Jars up to 4 ounces (oz)

BRAND: Any brand

OK To Buy

- Mixed fruits and/or vegetables
- In glass or in plastic
- Multi-packs (for example: 2-pack = 2 jars)



Do NOT Buy

- Organic
- Added DHA and/or ARA
- Added rice, pasta, noodles, or meat
- Graduates
- Dinners
- Desserts, custard, or yogurt
- 3rd Foods
- Added sugars or salt
- Added starches, flour, or cereal
- Jars larger than 4-oz

BABY FOOD-MEATS

AMOUNT: Number of jars listed on WIC check

SIZE: Jars up to 2.5 ounces (oz)

BRAND: Any brand

OK To Buy

- With broth and/or gravy
- In glass or in plastic
- Multi-packs (for example: 2-pack = 2 jars)



Do NOT Buy

- Organic
- Added DHA and/or ARA
- Added rice, pasta, noodles, fruits, or vegetables
- Graduates
- Dinners
- 3rd Foods
- Added sugars or salt
- Jars larger than 2.5-oz

Breastfeeding is the Best Feeding

INFANT CEREAL

AMOUNT: Number of boxes listed on WIC check

SIZE: 8-oz box

BRAND: Beechnut, Gerber, Nature's Goodness

OK To Buy

- Rice
- Oatmeal
- Barley
- Whole Wheat
- Mixed



Beech Nut



Gerber



Nature's Goodness

Do NOT Buy

- Organic
- Added fruit or formula
- In jars or cans
- Added DHA and/or ARA

FRESH BANANAS

AMOUNT: Number of pounds (lb) listed on WIC check

SIZE: Up to amount listed

BRAND: Any brand

✓ Fresh bananas, any variety

OK To Buy

- Organic



INFANT FORMULA

AMOUNT: Number of cans listed on WIC check

No Substitutions: Your WIC check lists the size, brand and form (powder, concentrate or ready-to-use) of iron-fortified formula that you must buy.

Do NOT Buy

- Organic
- Low-iron formula



SHOPPING TIP: Understanding Sizes

- * Ounces and Pounds *
- 8 ounces (oz) = ½ pound (lb)
- 12 ounces (oz) = ¾ pound (lb)
- 16 ounces (oz) = 1 pound (lb)
- 24 ounces (oz) = 1 ½ pounds (lb)
- 32 ounces (oz) = 2 pounds (lb)

Colorado WIC Allowable Foods List

As of April 2010

Contact your local WIC Program with questions



Fruits and Vegetables

AMOUNT: Dollar amount listed on WIC check
SIZE: Any size; any combination of fresh and/or frozen up to the dollar amount listed
BRAND: Any brand



Do NOT Buy

- Potatoes (sweet potatoes and yams allowed)
- French fries, hash browns, tater tots
- Items from deli or salad bar
- Party trays
- Fruit baskets, decorative fruit, or vegetables
- Dried fruit or vegetables
- Nuts (including peanuts, fruit/nut mixtures)
- Herbs, spices
- Added sauce, meat, pasta, rice, or noodles
- Added syrup, sweetener, flavoring, fat, or oil
- Added dressing, croutons, or cheese (such as salad kits)
- Fruits or vegetables in cans or jars (metal or glass)
- Jams, jellies, or preserves

FRESH AND FROZEN

OK To Buy

- Any variety except potatoes (sweet potatoes and yams allowed)
- Plastic containers including bags, boxes, or tubs
- Salad and/or mixed greens (with fruits and vegetables only)
- Whole, cut or sliced
- Organic
- Bulk
- Mixed fruits and/or vegetables



Remember: Your fruit and vegetable purchase must be less than or equal to the dollar amount listed on your fruit and vegetable check. For example: \$6.00, \$8.00, \$10.00



SHOPPING TIP: Buying Fresh Fruits & Vegetables

This chart shows some examples of the cost for fresh fruits and vegetables priced by the pound.

Price per Pound (lb)	\$0.59	\$0.79	\$0.99	\$1.29	\$1.49	\$1.79	\$1.99	\$2.49	\$2.99	\$3.49	\$3.99
1 lb	\$0.59	\$0.79	\$0.99	\$1.29	\$1.49	\$1.79	\$1.99	\$2.49	\$2.99	\$3.49	\$3.99
1 1/2 lbs	\$0.89	\$1.19	\$1.49	\$1.94	\$2.24	\$2.69	\$2.99	\$3.74	\$4.49	\$5.24	\$5.99
2 lbs	\$1.18	\$1.58	\$1.98	\$2.58	\$2.98	\$3.58	\$3.98	\$4.98	\$5.98	\$6.98	\$7.98
2 1/2 lbs	\$1.48	\$1.98	\$2.48	\$3.23	\$3.73	\$4.48	\$4.98	\$6.23	\$7.48	\$8.73	\$9.98
3 lbs	\$1.77	\$2.37	\$2.97	\$3.87	\$4.47	\$5.37	\$5.97	\$7.47	\$8.97		
3 1/2 lbs	\$2.07	\$2.77	\$3.47	\$4.52	\$5.22	\$6.27	\$6.97	\$8.72			
4 lbs	\$2.36	\$3.16	\$3.96	\$5.16	\$5.96	\$7.16	\$7.96	\$9.96			
4 1/2 lbs	\$2.66	\$3.56	\$4.46	\$5.81	\$6.71	\$8.06	\$8.96				
5 lbs	\$2.95	\$3.95	\$4.95	\$6.45	\$7.45	\$8.95	\$9.95				



100% JUICE 64-oz CONTAINERS

AMOUNT: Number of containers listed on WIC check
Size: 64 ounces (oz)
Brand: Specific items listed below

Do NOT Buy

- Added flavoring
- Less than 100% juice
- Cocktail juices
- Glass bottles
- Organic
- Juice blends
- Granny Smith apple juice

64-oz REFRIGERATED CARTONS (PAPER OR PLASTIC)

ORANGE



Store Brand Only

GRAPEFRUIT



Store Brand Only (white, pink, or red)

64-oz PLASTIC BOTTLES

ORANGE



Store Brand Only

GRAPE



Welch's Grape, White Grape, & Red Grape

APPLE



Old Orchard

TOMATO



Campbell's (regular & low sodium)

GRAPEFRUIT



Store Brand Only (white, pink, or red)



Old Orchard Grape & White Grape



Tree Top



Seneca

VEGETABLE



V8 (regular & low sodium)

OK To Buy

- Added calcium and/or vitamin D
- Added pulp or pulp-free

DRY BEANS, PEAS AND LENTILS

AMOUNT: Number of pounds (lb) listed on WIC check
SIZE: One pound (16-oz) or two pound (32-oz) bags or in bulk up to the amount listed
BRAND: Any brand

✓ Any type, unflavored



Do NOT Buy

- Added flavoring
- Organic
- Soup or soup mix

CANNED BEANS

AMOUNT: Number of cans listed on WIC check
SIZE: Cans up to 16 ounces (oz)
BRAND: Any brand

✓ Regular, low-salt, or no salt



Do NOT Buy

- Baked beans, refried beans or chili beans
- Added flavoring, fat, oil, or meat
- Soup or soup mix
- Organic













- Black Beans
- Black-Eyed Peas
- Butter Beans
- Garbanzo Beans (chickpeas)
- Great Northern Beans
- Kidney Beans
- Lima Beans
- Navy Beans
- Pinto Beans
- Red Beans

100% JUICE 12-oz FROZEN OR 46-oz METAL CANS

AMOUNT: Number of cans listed on WIC check
SIZE: Any combination of frozen and/or metal cans up to the amount listed
BRAND: Specific items listed below

Purchase ONLY if specified on WIC check: 5.5 to 6-oz: orange, grapefruit, orange-grapefruit (any brand) single serving cans 100% juice

12-oz FROZEN CANS

ORANGE		GRAPEFRUIT	
			
Store Brand Only		Store Brand Only (white, pink, or red)	
GRAPE		APPLE	
			
Seneca		Seneca	
			
		Old Orchard	
Old Orchard Grape and White Grape			
TreeTop		PINEAPPLE ORANGE	
			
		Dole	
Welch's Grape and White Grape (Yellow Lid & Peel Strip)			
		Old Orchard	

OK To Buy

- 11.5-oz frozen cans
- Added calcium and/or vitamin D
- Added pulp or pulp-free

EGGS

AMOUNT: Number of cartons listed on WIC check
SIZE: Up to the amount listed
BRAND: Store brand if available. National brands must be provided if store brands are not available.

- Large, medium, or small
- Grade A or AA white eggs









Do NOT Buy

- Brown
- Organic or Free Range
- Extra Large
- Specialty eggs (including pasteurized or fortified/enriched with vitamin E, DHA or Omega 3)

Do NOT Buy

- Added flavoring
- Less than 100% juice
- Cocktail juices
- Glass bottles
- Organic
- Juice blends
- Granny Smith apple juice

46-oz METAL CANS

ORANGE		GRAPEFRUIT	
			
Store Brand Only		Store Brand Only (white, pink, or red)	
APPLE		TOMATO	
			
Seneca		Campbell's (regular & low sodium)	
		VEGETABLE	
			
TreeTop		V8 (regular & low sodium)	

MILK

AMOUNT: Number of cartons listed on WIC check
SIZE: Up to the carton size listed (gallon, half-gallon, or quart)
BRAND: Store brand if available. National brands of milk must be provided if store brands are not available.
Fat Content (See WIC check): Skim (fat-free), Lowfat (1%), Reduced Fat (2%), Whole

Purchase ONLY if specified on WIC check: Meyenberg Goat Milk, powdered milk (any brand), evaporated milk (any brand), UHT Long Life milk (any brand), soy beverage (see soy beverage section), or Lactaid/Dairy Ease

OK To Buy

- Plastic or paper cartons
- Buttermilk
- Acidophilus



Do NOT Buy

- Added calcium or flavoring
- Nut or rice “milk” beverage
- Organic
- Raw milk

CHEESE

AMOUNT: Number of pounds (lb) listed on WIC check
SIZE: Up to the amount listed
BRAND: Store brand only

Purchase ONLY if specified on WIC check: 8-oz package cheese (any brand)

- Cheddar
- Colby
- Colby-Jack
- Longhorn
- Marble
- Monterey Jack
- Mozzarella
- Muenster
- Swiss
- American (white, yellow, sliced)



Do NOT Buy

- Cheese food, product, or spread
- Organic
- Sliced (except American)
- Packages smaller than 12-oz
- String or shredded
- Individually wrapped
- Flavored, imported, or deli cheese

TOFU

AMOUNT: Number of pounds (lb) listed on WIC check
SIZE: As listed on specific items pictured
BRAND: Azumaya



Fresh, refrigerated, water-packed

Do NOT Buy

- Organic
- Added salt, flavoring, fat, or oil
- Packages smaller than 12-oz or larger than 16-oz

SOY BEVERAGE

AMOUNT: Number of cartons listed on WIC check
SIZE: As listed on specific items pictured
BRAND: Pacific Natural Foods (quart), 8th Continent (half-gallon)



Shelf-stable



Refrigerated

Do NOT Buy

- Flavors not pictured
- Light or fat-free

